

Washington State Institute for Public Policy

Benefit-Cost Results

The WSIPP benefit-cost analysis examines, on an apples-to-apples basis, the monetary value of programs or policies to determine whether the benefits from the program exceed its costs. WSIPP's research approach to identifying evidence-based programs and policies has three main steps. First, we determine "what works" (and what does not work) to improve outcomes using a statistical technique called meta-analysis. Second, we calculate whether the benefits of a program exceed its costs. Third, we estimate the risk of investing in a program by testing the sensitivity of our results. For more detail on our methods, see our [technical manual](#).

Current estimates replace old estimates. Numbers will change over time as a result of model inputs and monetization methods.

Children's Mental Health

Program name	Date of last literature review	Total benefits	Taxpayer benefits	Non-taxpayer benefits	Costs	Benefits minus costs (net present value)	Benefit to cost ratio	Odds of a positive net present value
Anxiety								
Remote Cognitive Behavioral Therapy (CBT) for anxious children	Apr. 2012	\$8,029	\$2,507	\$5,522	\$756	\$8,785	n/a	96 %
Group Cognitive Behavioral Therapy (CBT) for anxious children	Apr. 2012	\$7,525	\$2,405	\$5,120	\$400	\$7,925	n/a	99 %
Individual Cognitive Behavioral Therapy (CBT) for anxious children	Apr. 2012	\$7,372	\$2,532	\$4,839	(\$748)	\$6,624	\$9.88	93 %
Parent Cognitive Behavioral Therapy (CBT) for anxious children	Apr. 2012	\$3,523	\$1,062	\$2,461	\$620	\$4,143	n/a	82 %
Attention Deficit Hyperactivity Disorder								
Behavioral Parent Training (BPT) for children with ADHD	Apr. 2012	\$624	\$159	\$465	\$108	\$732	n/a	98 %
Cognitive Behavioral Therapy (CBT) for children with ADHD	Apr. 2012	(\$520)	(\$7)	(\$513)	(\$1,004)	(\$1,524)	(\$0.52)	0 %
Multimodal Therapy (MMT) for children with ADHD	Apr. 2012	(\$2,176)	\$496	(\$2,671)	(\$8,521)	(\$10,696)	(\$0.26)	4 %
Depression								
Cognitive Behavioral Therapy (CBT) for depressed adolescents	Apr. 2012	\$5,441	\$1,562	\$3,879	(\$494)	\$4,947	\$11.03	99 %
Disruptive Behavior								
Brief Strategic Family Therapy (BSFT)	Apr. 2012	\$4,077	\$1,290	\$2,787	(\$521)	\$3,556	\$7.83	93 %
Parent Child Interaction Therapy (PCIT) for children with disruptive behavior	Apr. 2012	\$4,453	\$1,663	\$2,790	(\$1,362)	\$3,091	\$3.28	99 %
Triple P Positive Parenting Program: Level 4, group	Apr. 2012	\$2,077	\$732	\$1,345	(\$383)	\$1,694	\$5.46	100 %
Other Behavioral Parent Training (BPT) for children with disruptive behavior disorders	Apr. 2012	\$1,063	\$330	\$733	\$107	\$1,171	n/a	66 %
Triple P Positive Parenting Program: Level 4, individual	Apr. 2012	\$2,903	\$1,241	\$1,662	(\$1,866)	\$1,036	\$1.56	72 %
Families and Schools Together (FAST)	Apr. 2012	\$2,015	\$832	\$1,183	(\$1,800)	\$215	\$1.12	50 %
Incredible Years: parent training	Apr. 2012	\$1,795	\$930	\$866	(\$2,110)	(\$315)	\$0.85	44 %
Incredible Years: parent training and child training	Apr. 2012	\$1,705	\$909	\$796	(\$2,169)	(\$464)	\$0.79	41 %
Multimodal Therapy (MMT) for children with disruptive behavior	Apr. 2012	\$26	\$225	(\$198)	(\$1,298)	(\$1,272)	\$0.02	37 %
Serious Emotional Disturbance								
Multisystemic Therapy (MST) for youth with serious emotional disturbance (SED)	Apr. 2012	\$7,235	\$3,729	\$3,506	(\$6,642)	\$593	\$1.09	57 %
Trauma								
Cognitive Behavioral Therapy (CBT)-based models for child trauma	Apr. 2012	\$10,985	\$3,071	\$7,915	\$324	\$11,309	n/a	100 %
Eye Movement Desensitization and Reprocessing (EMDR) for child trauma	Apr. 2012	\$6,999	\$1,987	\$5,012	\$158	\$7,157	n/a	78 %

Other Children's Mental Health topics reviewed; benefit-cost results not yet available:

Program name	Date of last literature review	Notes
Child Parent Psychotherapy	Jun. 2013	Click for meta-analytic results
Full fidelity wraparound for children with SED	Jan. 2012	Click for meta-analytic results
Modularized Approaches to Treatment of Anxiety, Depression, and Behavior (MATCH)	Jun. 2013	Click for meta-analytic results
ADOPTS (therapy to address PTSD in adoptive children)	Jan. 2013	No rigorous evaluations to date.
Families Moving Forward	Jan. 2013	Too few rigorous evaluations.
Kids Club and Moms Empowerment support groups	Jan. 2013	Too few rigorous evaluations.
Take 5: Trauma Affects Kids Everywhere	Jan. 2013	Too few rigorous evaluations.
Theraplay	Jan. 2013	Too few rigorous evaluations.

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Washington State Institute for Public Policy

The Washington State Legislature created the Washington State Institute for Public Policy in 1983. A board of Directors-representing the legislature, the governor, and public universities-governs WSIPP and guides the development of all activities. WSIPP's mission is to carry out practical research, at legislative direction, on issues of importance to Washington State.